

Nutrition Facts Labels

REDUCED FAT MILK 2% Milk Fat

Nutrition Facts

Serving Size 1 cup (236ml)
Servings Per Container 1

Amount Per Serving

Calories 120 Calories from Fat 45

% Daily Value*

Total Fat 5g 8%

Saturated Fat 3g 15%

Trans Fat 0g

Cholesterol 20g 7%

Sodium 120mg 5%

Total Carbohydrate 11g 4%

Dietary Fiber 0g 0%

Sugars 11g

Protein 9g 17%

Vitamin A 10% • Vitamin C 4%

Calcium 30% • Iron 0% • Vitamin D 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NONFAT MILK

Nutrition Facts

Serving Size 1 cup (236ml)
Servings Per Container 1

Amount Per Serving

Calories 80 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol Less than 5mg 0%

Sodium 120mg 5%

Total Carbohydrate 11g 4%

Dietary Fiber 0g 0%

Sugars 11g

Protein 9g 17%

Vitamin A 10% • Vitamin C 4%

Calcium 30% • Iron 0% • Vitamin D 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Adapted from <http://www.cfsan.fda.gov/~dms/foodlab.html>



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